

Kentucky Department of Education

Course Standards for 2019-20 and Beyond

Course Code: 340226

Course Name: 6th grade Physical Education

Grade Level: 6



Upon course completion students should be able to:

Standards

Standard 1

Demonstrate competency in a variety of motor skills and movement patterns.

Combinations of Movement Patterns and Skills

- 6.1.MP1. Demonstrate simple movement concepts, principles, strategies and tactics when learning and performing physical activities.
- 6.1.MP2. Demonstrate simple and combined motor skills in a variety of games and activities.
- 6.1.MP3. Perform a wide variety of locomotor movements in combination, using different pathways and directions, while moving around others and/or equipment.

Manipulative Skills

- 6.1.MS1. Send and receive a variety of objects, adjusting for speed and distance, while applying appropriate performance cues.

Standard 2

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

Combinations of Movement Concepts

- 6.2.MC1. Demonstrate how movement concepts, principles, strategies and tactics apply to the performance of various physical activities.
- 6.2.MC2. Demonstrate how motor skills and techniques need to be refined, combined and varied in the development of specialized skills for participation in games and activities.
- 6.2.MC3. Demonstrate how non-locomotor, locomotor and combination skills are used to build simple, creative sequences.

Standard 3

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical Activity Knowledge and Engagement

- 6.3.PA1. Describe how being physically active leads to better health.
- 6.3.PA2. Participate in a variety of physical activities.

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Physical Fitness Knowledge

- 6.3.PF1. Identify the components of skill-related fitness.
- 6.3.PF2. Identify each of the components of the FITT principle for different types of physical activity.

Nutrition

- 6.3.N1. Identify food from each of the basic food groups and select appropriate servings and proportions for his/her age and physical activity levels.

Stress Management

- 6.3.N1. Identify food from each of the basic food groups and select appropriate servings and proportions for his/her age and physical activity levels.

Standard 4

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

Social Interactions/Working with Others

- 6.4.SW1. Accept differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback.

Rules and Etiquette

- 6.4.RE1. Demonstrate knowledge of rules and etiquette by self-officiating standard and modified physical activities.
- 6.4.RE2. Demonstrate cooperation skills by establishing rules and guidelines for resolving conflict.

Safety

- 6.4.SA1. Demonstrate knowledge of appropriate safety principles, rules and procedures in a variety of physical activities.

Standard 5

Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

Health

- 6.5.H1. Demonstrate that regular participation in physical activities supports the goals of fitness, reducing stress and a healthier lifestyle.

Challenge

- 6.5.C1. Explain that physical activities provide opportunities for self-expression, social interactions and can be enjoyable and challenging.

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Self-Expression and Enjoyment

- 6.5.SE1. Identify and use appropriate strategies to self-reinforce positive fitness behaviors.

Social Interaction

- 6.5.SI1. Use personal and social behaviors that show respect to self and others in physical activity settings.

Advocacy

- 6.5.A1. State a health-enhancing position about being physically active, supported with accurate information, to improve the health of others.